



DATE: February 13, 2018

TO: WRHA Program Directors and Medical Directors  
Site Chief Nursing Officers  
Site Chief Medical Officers

FROM: Julie Gislason RD, Regional Manager Clinical Systems, WRHA Nutrition and Food Services

Cc: Kathleen Richardson, Chief Nutrition and Food Services Officer  
Donald Duerksen, Medical Director, Nutrition and Food Services  
Clinical Dietitians Leadership Group, WRHA  
Nutrition Advisory Subcommittee, Pharmacy and Therapeutics Committee  
Krista Williams, Chief Health Operations Officer  
Gina Trinidad, Chief Operating Officer  
Nutrition and Food Services Management, WRHA

**RE: Revision to the 2008 Nutrition and Food Services Adult Diet Compendium – Phase 1 – February 21, 2018**

Dietitian Expert Review Groups of the Winnipeg Regional Health Authority are revising the 2008 Regional Diet Compendium that is utilized for reference for all diet orders available for use for standard and therapeutic diets. The review process considers Eating Well with Canada's Food Guide, best practice evidence and consideration that malnutrition is common in hospitalized patients and long term care residents.

A recent Canadian study has demonstrated that 45% of hospitalized patients are admitted with malnutrition and that malnutrition is associated with increased hospital readmission rates as well as increased mortality. In addition, another Canadian study noted that 44% of LTC residents were malnourished.

The goal of the revised compendium is to provide diets that are appropriate to an individual's medical condition but also to ensure that the diet is palatable and contains sufficient protein, calorie and micronutrient content to address the malnutrition that is so prevalent in hospitalized patients and LTC residents. WRHA Nutrition and Food Services is also making changes to remove barriers related to packaging that will improve access to food for patients and residents. While many diets will continue to be available, there are significant changes to the new compendium.



**Effective February 21, 2018 the following changes will occur**

<b>PREVIOUS DIET TERMINOLOGY</b>	<b>REVISED DIET TERMINOLOGY</b>
Standard	Standard (Regular) 18-69 y/o
LTC	Standard (Regular) 70 plus y/o
<b>Cardiac diet (Na 100mmol, Modified fat)</b>	<b>Standard (Regular)</b>
Controlled Carbohydrate	No Change to terminology
Controlled Carbohydrate with Snack	Changes to criteria for carbohydrate containing foods
Controlled Carbohydrate Gestational	Perinatal with Controlled Carbohydrate/ Snack
Partum	Perinatal
Modified Fat	Standard (Regular)
Cultural and Food Preferences (multiple)	Add No Celery
Low Copper, Low Tyramine Caffeine Free	No Change

**\*\* See attached 2018 WRHA Nutrition and Food Services Adult Diet Compendium flyer – Phase 1 for more detail**

**Effective February 21, 2018**, the WRHA MI Care Map diet section and EPR Order Sets, will be revised to reflect the current literature regarding the nutritional management of CVD and diet compendium change.

**Please forward this information to all staff affected by these changes, including: Physicians with admitting privileges, Cardiologists, Medical Residents, Nurse Managers, Nurses, Unit Clerks, and Health Care Aides.**

Registered Dietitians at each site will be available for consultation and to modify individual nutrition care plans if necessary.

For more information, please contact Julie Gislason, RD, Regional Manager Clinical Systems, WRHA Nutrition & Food Services at 654-5141 or [jgislason@wrha.mb.ca](mailto:jgislason@wrha.mb.ca).

You may also visit <http://www.wrha.mb.ca/extranet/nutrition/manuals.php> to view Executive Summaries and diet criteria. (Information will be available by Feb 21, 2018).